



ABSTRACT

The present invention comprises particles of substantial high viscosity soluble fiber treated to be enclosed in a water resistant layer developed by treatment with sodium or calcium salt in the participation of alcohol. In a preferred embodiment, the invention comprises konjac fine powder (particle size of 36~147 $\mu$ m) or a mixture of its dissolvable cellulose with edible supplement. The fine konjac powder is treated with sodium or calcium salt in the participation of ethanol which causes a substantial part of the particles to be surrounded in a gel membrane. The edible supplement is at least one of fruit powder, dairy product, plant protein, grain, coffee or solidified carbonic acid beverage. The mixture may contains 10~60% of cellulose, 40~90% of edible supplement (in weight). The beverage has many characters, such as good taste, functions of depressing blood fat, reducing blood glucose, curing obesity and astriction, preventing the cancer of lower enteron, building up the immunity of human body and so on. The gel coated fine konjac powder can also be added to flour, meat, or diary food products to produce high fiber food products and improve the taste of those products.